



Spring/Summer 2012

Martin Luther King, Jr. Swim Center

1201 Jackson Road, Silver Spring, MD 20904

(240) 777-8060

Spring April 9, 2012 – May 25, 2012
Spring/Summer April 9, 2012 – August 3, 2012

REGISTRATION INFORMATION

Newcomers' Evaluation – Newcomers are swimmers who did not participate in the RMSC program Fall/Winter 11/12, even if they have participated in other seasons. These swimmers should attend the first practice for an evaluation in the developmental groups; then consult the coach for proper group placement. The registration form for the program should be completed and program fee paid once placement has been verified. New swimmers' registrations for USA Swimming for 2012 are included in the program fee.

Returning Swimmers – A returning swimmer is someone who swam with RMSC during the Fall/Winter 11/12 season. They have been registered with USA Swimming for 2012. These swimmers can pre-register for Spring/Summer 2012 program. To do this, COMPLETE THE REGISTRATION FORM, attach the FEE PAYMENT and return as soon as possible. This may be handled in person at MLK or mailed to: Carey Apple, Martin Luther King Swim Center, 1201 Jackson Road, Silver Spring, MD 20904.

Registration begins March 5th. Do not change your practice group assignment unless instructed to do so by your coach.

Program Fee – Program fees are payable to MCRD by VISA, MasterCard, Check or Cash. Credit Card payments must be made in person at the swim center. **Non-County residents must add \$15 per swimmer.** This payment includes the United States of America Swimming (USAS) membership fee and all the PVS meet fees and costs for group social events for the Spring/Swimmer season. To offset the cost of the program, payments can be credited to individual accounts prior to the start of the program. Installment fees and payment plans are NOT available. **All fees must be paid by the first day of practice.**

Questions Regarding RMSC – If you have any questions about the RMSC program, please contact Carey Apple at carey.apple@montgomerycountymd.gov or call MLK at (240) 777-8060.

SPRING/SUMMER PRACTICES

Long course practices will be incorporated into the spring session as weather and scheduling permit. Throughout the summer, practices will be a combination of long course and short course training. Summer practice schedules will be available at the beginning of June. Please consult with your coach.

PRACTICE GROUPS

Minis – For 8&Unders who can swim both freestyle, using good rhythmic breathing, and backstroke. Swimmers will learn proper stroke technique, including breaststroke and butterfly, flip turns, and starts from the blocks. Emphasis is on orientation to competitive swimming and preparation for summer swim team. *Recommended attendance: 2-3/week*

Spring Only (325200)	\$240
Monday	5:00pm-6:00pm
Wednesday & Friday	4:30pm-5:30pm

Junior 1 – For swimmers ages 9-12 who range from minimal skills in freestyle and backstroke to those who have working knowledge in the four competitive strokes. Emphasis is on competitive stroke mechanics, starts, and turns for the lower level in this group, and on advanced stroke development and endurance training at the upper level. *Recommended attendance: 3/week*

Spring Only (325201)	\$275
Tuesday & Thursday	5:00pm-6:00pm
Sunday	8:00am-9:30am

Junior 2 - Entry by coach's invitation only. For swimmers ages 9-12 who are skilled in freestyle and have a legal and working knowledge in the four competitive strokes. Emphasis is on stroke mechanics, starts, and turns for the lower level in this group, and on advanced stroke development and endurance training at the upper level of this group. USAS swim meet competition is required. *Recommended attendance: 3/week*

Spring Only (325202)	\$290
Monday	6:00pm-7:00pm

Wednesday	5:30pm-7:00pm
Friday	5:00pm-6:30pm
Sunday	8:00am-9:30am

Seniors – For swimmers ages 13-18 who range from first time participants to those who have high school swimming or summer swim team in their background. Emphasis is on stroke mechanics, conditioning and endurance. This group is geared for swimmers interested in improving skills and gaining a better training base, primarily for summer swim team competition.

Spring Only (325206)	\$300
<u>Spring/Summer (325207)</u>	<u>\$630</u>
Monday & Wednesday	3:30pm-4:45pm; dryland 4:45pm-5:30pm
Tuesday & Thursday	3:30pm-5:00pm
Friday	3:30pm-4:30pm
Saturday	7:30am-9:00am

Advanced Juniors – Entry by coach's invitation only. For swimmers ages 9-13 who have achieved basic mastery of the four competitive strokes. The focus is on training for competition, goal setting, endurance and dryland exercises geared toward injury prevention. USAS long course meets are required for all who train through the summer. *Required Attendance: 3+/week*

Spring Only (325203)	\$300
<u>Spring/Summer (325204)</u>	<u>\$630</u>
Monday	6:00pm-7:00pm; dryland 5:30pm-6:00pm
Wednesday	5:30pm-7:00pm
Friday	5:00pm-6:30pm
Sunday	7:00am-9:00am

Advanced Seniors – *Entry by coach's invitation only* For swimmers ages 13 & over who have made a firm commitment to swimming and are looking for continued development in the sport. Emphasis is on swimming technique, conditioning, goal setting, and performance in USAS meets. Dryland training and participation in all meets is required. Swimmers will be required to have paddles, fins, and other equipment specified by coaches. *Minimum Practices 5/week*

<u>Spring/Summer (325208)</u>	<u>\$740</u>
Monday & Friday	4:45am-6:15am
Monday, Tuesday, Thursday & Friday	3:30pm-5:00pm; dryland 5:00pm-6:00pm except Friday
Wednesday	3:30pm-5:30pm
Saturday	6:00am-8:30am; dryland 8:30am-9:00am

National Development Group – *Entry by coach's invitation only* For swimmers ages 10-14 who have committed to upper level swimming in the RMSC program as their primary activity. Emphasis is on swimming technique, conditioning, goal setting and performance in USAS competition. Dryland training and participation in USAS meets are required of all in this group. Swimmers in this group must participate in USAS swim meets throughout both short course and long course seasons. *Minimum Practices 5/week*

<u>Spring/Summer (325205)</u>	<u>\$740</u>
Monday	4:00pm-6:00pm; dryland 6:00pm-6:45pm
Tuesday & Thursday	5:00pm-7:00pm; dryland 4:15-5:00pm
Wednesday	4:45am-6:00am
Friday	5:30pm-7:00pm; dryland 4:45pm-5:30pm
Sunday	6:00am-8:30am; dryland 8:30am-9:00am

National Training Group – *Entry by coach's invitation only* For swimmers 13 & over who have made a commitment to swimming as their primary activity, and who will arrange their schedule to meet the time requirements of the group. Athletes are expected to focus on qualification for and competition in USAS meets which lead to National level competition. Swimmers will participate in water and dryland training as part of an overall program to ensure success. Swimmers will be required to have paddles, fins, and other equipment specified by coaches. *Minimum Practices 6-7/week*

<u>Spring/Summer (325209)</u>	<u>\$800</u>
Monday, Wednesday & Friday	4:45am-6:15am
Monday & Wednesday	4:45pm-7:00pm; dryland 4:00pm-4:45pm
Tuesday & Thursday	4:30pm-7:00pm
Friday	3:45pm-5:00pm
Saturday	6:00am-9:00am